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Greenville Ear, Nose & Throat

## 8 Throat Soothers That Use Natural Products

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1. Gould's gargle:

- ½ tsp. salt
- ½ tsp. baking soda
- 1-½ tsp. Karo syrup
- 6 oz. water

Mix all ingredients. Gargle in small quantities for two minutes. Do not eat or drink anything for 15 minutes after gargling. Use this mixture to relieve a dry/scratchy and/or sore throat.

*This formula was developed by ENT doctor Van Lawrence, MD.*

2. Throat Coat tea with slippery elm bark as the active ingredient. Produced by Traditional Foods.
3. Echinacea lozenges or liquid, with or without goldenseal.
4. Slippery elm lozenges.

5. Papaya products to reduce acid reflux.

6. Water. It is essential to keep the entire body, including the vocal folds, well hydrated. The best way to do so is to drink water. It is better to sip water throughout the day than to drink an entire glass of water at one time. Drinking large quantities of water at one time may put unwanted pressure on your stomach and increase your chance of acid reflux.

7. Direct steam inhalation. Developed and distributed by Bayard Industries (1-800-544-6425).

8. Vaporizer or cold-mist humidifier to humidify the air in your home during the winter months, which increases hydration to your vocal folds.